

In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and selected health outcomes?

Introduction to the Review

This question examined the relationships between intake of vegetables and fruits, not including juice, and body weight, cardiovascular outcomes, and type 2 diabetes in adults. The Committee only considered studies that directly assessed the relationship between the intake of vegetables and fruit and health outcomes; studies examining the intake of vegetables and fruits as a part of specific dietary patterns are considered in the 2010 DGAC Report in [Part D. Section 2: The Total Diet: Combining Nutrients, Consuming Food](#). The childhood adiposity section in [Energy Balance and Weight Management](#) provides additional information about vegetables and fruits and 100 percent juice, and [Part D. Section 2: Nutrient Adequacy](#) in the 2010 DGAC Report discusses vegetables and fruits as food groups of concern for the American population. Cancer was originally included in the NEL search but was later excluded as an outcome to be considered in this review. This topic was considered by the 2005 DGAC, and the Conclusions expressed in the 2010 DGAC Report are informed by the evidence compiled for the 2005 DGAC Report, but are based primarily on the NEL evidence gathered and reviewed since 2004.

Systematic Review Questions:

- [!\[\]\(30a147af384f9f71632c2ff17bc706c8_img.jpg\) In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and cardiovascular disease? \(DGAC 2010\)](#)
- [!\[\]\(9b33568d5c136f08ca688ce48be37574_img.jpg\) In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and body weight? \(DGAC 2010\)](#)
- [!\[\]\(8c93063dab026f10e159986b27c41c64_img.jpg\) In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and type 2 diabetes? \(DGAC 2010\)](#)